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|  | [|.palousemindfulness.com..](http://palousemindfulness.com) |

**Informal Practice Log (PAIN Process) – Week 5b (dealing with physical discomfort)**

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| **Where were you, what was going on when you noticed the physical discomfort?** | **What were the actual sensations?**  *(burning, tingling, aching…) Shape? Boundaries? Texture?* | **Where did you find something pleasant?**  (could be as simple as warmth in hands, or sun on skin) | **What did you notice when you included both the pleasant and unpleasant?**  “becoming a bigger container” | **What did you notice AFTER you did the process?**  *(body-mind-emotion-action)* |
| ***EXAMPLE***  I was working at my desk and my back was killing me. I thought, “How am I going to get through the day like this? I have so much to do! | Compressed area in small of back: tight, binding, pinching.  It’s oblong and about 1” thick in middle, tapers off at edge. Texture like granite. | My legs don’t hurt, actually feel relaxed, pleasant… sensing warmth and ease there. Recalling nice interaction with friend this afternoon… | I felt much bigger, that there is much more to me than this area in my back. The back pain didn’t go away, but I felt it as only part of me, not all, not so troubling. | Still had much to do, but my focus was no longer only on the back pain and not about “fixing” the pain, could move forward… |
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